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Kratom 101

MADI FURLONG | KRATOM | 0 COMMENTS

Kratom's popularity surge within America is quickly catching up to its herbal counterpart – CBD. According to the American Kratom Association (AKA), over 15 million people across the world are using Kratom today. While it might not size up to the 1.4 billion cups of coffee consumed everyday, it's quickly climbing the ladder of daily consumables. With a surge in popularity of this magnitude, questions begin to arise: What is Kratom? What does it do? Is it safe? Luckily, Club13 is here to clear the air and answer some frequently asked questions.

What is Kratom?

What is commonly referred to as Kratom, is scientifically known as Mitragyna Speciosa. Mitragyna Speciosa is a tropical evergreen tree in the Rubiaceae Family. Another member of the Rubiaceae Family is another popular plant – coffee! Kratom leaves are dark green and glossy, with distinctive red, white, or yellow veins. The veins of the Mitragyna Speciosa leaves typically correlate to the type of Kratom, i.e., red (Bali Red), green (Green Malay), white (Indo White), etc.

What makes Kratom unique?

Alkaloids! Or more specifically – "nitrogenous organic compounds of plant origin which have pronounced physiological actions on humans." In english? Natural compounds found in plants that make you feel good. The celebrated pair of alkaloids behind Kratom's success is Mitragynine and 7-hydroxymitragynine (sometimes referred to as 7-OH). Any effects and benefits of Kratom are due to this pair of alkaloids.

Where does Kratom grow?

Native to Southeast Asia, this plant is cultivated in Thailand, Indonesia, Malaysia, Myanmar, and Papua New Guinea. Kratom needs heat, humidity, and the right soil pH to thrive. As such, Kratom trees thrive in their home regions where it's hot and humid and the soil pH is just right.

Which strain of Kratom is right for you?

Kratom strains are classified into three different color groups: Red-vein, White-vein, and Green-vein. The color becomes the strain's primary name. The color groups are aptly named after the color of the central stem and veins of the leaves. Each distinct color-type of Kratom produces unique effects.

Research is pivotal when deciding on what strain, and dosage, of Kratom, is just right for you. Finding the "just right" strain of Kratom is monumental to first-time consumers. Club13 highly recommends purchasing our Grab-n-Go sample packs so you can find the right fit for you.

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